

FOUNDATIONS

getting started

"STATEMENT OF INSPIRATION"

Write below your answer to the question:

"Why Create High-Level Health & Vitality?"

It can be as short or long.

Bonus: *Use pictures or other sensory stimuli that connects you to your WHY! It could be a bracelet you wear, a candle, or vision board you create.*

WHAT DO YOU WANT TO SEE, FEEL OR OR EXPERIENCE DURING 3 WEEKS IN FOUNDATIONS? AFTER 3 WEEKS, WHAT WILL THIS PERSONAL FOUNDATION CONTINUE TO SUPPORT AND ALLOW YOU TO BE DOING, SAYING, HEARING OR EXPERIENCING?

What is important about this to you?

What challenges do you have now with experiencing this?

What kind of support do you need and from whom do you need support?